

## ABSTRACT

An absorbent garment comprises a chassis and an absorbent element.

The absorbent element is fixedly connected to the chassis at a first location and is detachably connected to at least one of the absorbent element and the chassis

5 at a second location. The absorbent element comprises an absorbent material  
that expands from at least a first condition to a second condition. The absorbent  
element detaches from at least one the absorbent element or the chassis at at  
least a portion of the second location when the absorbent material expands to  
the second condition. A method for using the absorbent garment also is  
10 provided, together with a method for assembling the absorbent garment.